



# WHITE OAK

## *Senior Center*

1700 April Lane Silver Spring, MD 20904 • 240-777-6944

## May 2014 Newsletter



**Wednesday, May 28<sup>th</sup> 10am-2:00pm**

# WHITE OAK ACTIVE ADULT PROGRAM

## Where Active Adults Experience a Meaningful, Enriching, & Inspiring Environment!

White Oak Senior Center provides quality, engaging and inspiring programming for adults 55+ in our community. Our programs are specifically designed for our members to continue to achieve and maintain total wellness to enrich their lives. Not only will we be serving our older adults, but we will create a platform where they will serve our younger community as well. We strive to utilize the skills and life experiences of the wise to create new opportunities for our youth through our intergenerational program. We will all benefit by sharing our gifts.

## NATION SENIOR HEALTH & FITNESS DAY!!

100,000 older adults will participate in activities at more than 1,000 locations throughout the U.S. on **Wednesday, May 28, 2014** as we celebrate the 21st annual National Senior Health & Fitness Day. The common goal for this day: to help keep older Americans healthy and fit. Always set for the last Wednesday in May, National Senior Health & Fitness Day is the nation's largest annual health promotion event for older adults. We will have health & fitness related exhibitors, fitness demonstrations of current classes and potential new classes. The fair will also include a healthy food demonstration, speakers on older adult related topics and much more! The event will begin with a leisurely walk around the community. We will provide everyone with pedometers and refreshments. This will be an event you would not want to miss. Come out and see what wellness looks like for you!



# FITNESS, DANCE AND EXERCISE PROGRAMS

Designed to help wake up your bones and muscles

## PROGRAM DESCRIPTIONS

Note: Most programs are FREE except when indicated by.\*

All programs are subject to change. If interested in a program, we encourage signing up in advance.

### Better Balance •

**Thursdays 11am - 11:45am**

**Instructor:** Dynamic Conditioning

Low impact movements designed to help improve your ability to control your balance more efficiently in your day-to-day activities.

### Bone Builders •

**Wednesdays & Fridays 2pm - 3pm**

*Sponsored by: Retired Senior Volunteer Program and Aging & Disability Services*

Osteoporosis Prevention and Management exercise program to improve bone density using weights and balance exercises.

### Chair Aerobics •

**Mondays & Wednesdays 11am - 11:45am**

**Instructor:** Clarissa Watkins

A class designed to strengthen muscles, flexibility, and improve balance. Balls and therabands will be provided. Exercises are done seated and standing depending on physical endurance.

### Chair Yoga\* •

**Wednesdays 1:30pm - 2:30pm**

**Instructor:** Holy Cross/Jane Adams

Enjoy yoga with the help of a chair! Chair yoga is done seated and standing using a chair to assist in improving balance, strength and flexibility. Classes include breathing exercises and guided relaxation.

**\*\$50.00 for 10 sessions. (April 2 - June 4)**

### Chair Zumba\* •

**Thursdays 1pm - 1:45pm**

**Instructor:** Charlynn Pyne

Join the Party! Zumba Gold Chair is a dance fitness program performed while sitting down. Classes will increase your ability to function in everyday life as you move to Latin and international music and have loads of fun.

**\*\$25 for 10 sessions. \$3.00, pay as you attend.**

### Chinese Folk Dance •

**Tuesdays & Wednesdays 10am - 11am**

**Instructor:** Ming Shan

Come learn and experience Chinese Folk Dancing to Chinese-inspired music. It will be a rewarding experience that leaves you with a feeling of joy and exhilaration.

### Full Body Stretch •

**Mondays 10:15am - 11am**

**Instructor:** Shememe Williams

A full body stretch that isolates each muscle in the body. You will feel absolutely great once you are done. Stretching will be done on the floor and standing.

### Line Dance •

**Mondays 10am - 11am**

**Instructor:** Gerri Doswell

Low impact line dancing that uses a variety of methods to aid in easy body movements.



### Pickle Ball • Fridays 10am - 12 noon

Whether you have just picked up the game or are more experienced, have fun testing your skills.

### Ping Pong Club •

**Tuesdays & Thursdays 10am - 12 noon**

Test your skills and strengthen your arm as you play with friends, relatives and foes. See who will be the one to come out victorious!

### Senior Fit •

**Tuesdays & Fridays 9am - 10am**

**Instructor:** Chatarina Lindvall

Especially for seniors using low impact movement, weights, and elastic tubes for proven increased bone density. Pick up a permission form located at our front desk to be filled out by your physician.



### Class Bonus !

Buy a block of 10 classes and get 1 free class along with discounted price.

# FITNESS, DANCE AND EXERCISE PROGRAMS

Designed to help wake up your bones and muscles

## Senior Circuit Training •

**Tuesdays & Fridays 10am - 11am**

**May 6<sup>th</sup> - 30<sup>th</sup>**

If you have a senior sneaker membership, this class is for you! A personal trainer will guide you through a series of exercises located in a group setting.

## Soul Line Dance\* •

**Thursdays 10am - 11am**

**Instructor: Peytrienne McCormick**

Groove to some soulful music with "Pat" as she teaches "Soul Line Dancing" step by step.

**\*\$25 for 10 sessions. \$3.00, pay as you attend.**

## Tai Chi •

**Mondays\*, Wednesdays & Thursdays**

**9am - 10am**

**Instructors: Dr. Michael Basdavanos, Kathryn Von Rautenfeld & Kirk Talbott**

Relaxing, flowing series of "Qi Gong" movements that combine simple stretches, deep breathing, awareness, and balancing as we introduce and explore Tai Chi. **FREE classes** with exception of Monday. **Fee for Monday class only.**

**\*\$25 for 10 sessions. \$3.00, pay as you attend.**

## Tai Chi (Cane, Stick and Sword) •

**Tuesdays 10am - 11:30am**

This is an intermediate and advanced level class designed to improve and enhance your stability with a focus on using a cane, stick and sword.

## Tai Chi (Integral) •

**Saturdays 10am - 12 noon**

**Instructor: Tammy Hilton**

Integral Tai Chi (also called CK10) is a series of 10 forms of exercises combining yoga, Tai Chi, Qi Gong and meditation into one holistic system using body, mind and spirit. Please bring a yoga mat, a hand towel and water.

## Yoga\* (Gentle Yoga) •

**Mondays 1pm - 2pm**

**Instructor: Jane Adams**

Gentle and slower paced movements to allow ease of participation for people of all sizes, ages, and fitness levels. Bring yoga mat, yoga block and blanket. **\*\$45 for 10 sessions. \$5.00, pay as you attend.**

## Zumba Gold\* •

**Wednesdays 10am - 11am**

**Instructor: Creative Fitness**

Challenging dance routines specifically designed for the active adult. **June 4<sup>th</sup> thru July 30<sup>th</sup>**

**\*\$45.00 for 9 classes or \$7.00 for drop-ins.**

**NEW**

## COMING IN JUNE •

**Chair Zumba Toning\***

**Fridays 1pm - 1:45pm**

Use lightweight, maraca-like Toning Sticks to enhance rhythm and tone all target zones. It's a perfect way to sculpt your body naturally.

Minimum of 10 people needed to hold class, sign-up at Front desk. **\*\$25 for 10 sessions. \$3.00, pay as you attend.**

## White Oak Senior Center

### Transportation Service . . . Just For You!

**Monday through Friday - Morning Pick Up and Afternoon Drop Off**



Bus service is provided within a 5 mile radius of the center. Buses are wheelchair, walker and cane accessible. Spend some time with us - take a class or two, have a little lunch and head on back home! Pickup locations are determined by addresses of participants. Sign up at Front Desk or call **240-777-6944**.

# CULTURAL ARTS AND EDUCATIONAL PROGRAMS

Designed to inform and mentally stimulate you

## Basic Computer Skills • Tuesdays 11am - 12pm

Learn basic Parts of Computers, Terminology, and Hardware, use the Internet to Set- up an email account and password. Bring your laptop computer / computer tablet and power cord.

Wi-Fi Access **May 20<sup>th</sup> thru June 10<sup>th</sup>**

**\*\$20.00 for 4 classes**



## Blood Pressure Screening • Friday, May 15<sup>th</sup> 9:45am - 11am

Have your blood pressure checked by a Holy Cross nurse every 3<sup>rd</sup> Friday of the month.

## Crocheting & Knitting Club • Thursdays 1pm - 3pm

Love to crochet and knit? Come socialize, share techniques and meet new friends. Bring your own yarn and needles.



**Basic Genealogy •**  
**Thursdays 1pm - 3pm** Learn the Basics of Genealogy and how to Research and Locate Ancestors using on-line US Census records, and Digital Archives (Libraries). Bring your laptop computer / computer tablet and power cord. Wi-Fi Access. **May 8<sup>th</sup> thru May 29<sup>th</sup>**  
**\*\$20.00 for 4 classes**

## Let's Play Bridge! (Beginners) • Mondays 1:30pm - 3pm

Don't have anything to do? Join others in a fun game of Standard Bridge. It stimulates the brain, helps concentration, and most of all it's fun!

## Mahjong (American Version Beginners class) • Fridays 1pm - 4pm

Instructor: Barbara Bryce

Mahjong is a game of skill, strategy and calculation involving a certain degree of chance.



## Meditation • 2pm - 4pm Wednesdays (Instructor Guided) Fridays (Self-Guided)

Relax with guided meditation. Bring a yoga mat, pillow or cushion and water.

## Table Games • Thursdays 11am - 12:30pm

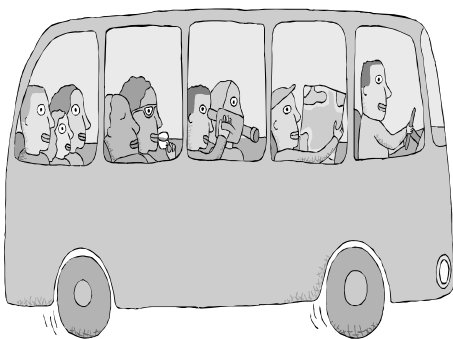
Play Bid Wist, spades, scrabble or anything you like. We have a variety of table games for you!

## White Oak at the Movies • Fridays 10:30am - 12:30pm

Enjoy a good movie with your peers while eating freshly popped popcorn! Call the front desk for a listing of Friday movies.

# HOP ON THE BUS FOR A MINI-DAY TRIP

White Oak Senior Center is now offering mini trips. Sign up at the Front Desk.  
Bus space limited to 19 people. Register early!



## Friday, May 16<sup>th</sup> • 11am-3pm, \$8

Arundel Mills shopping & Maryland Live Casino  
Registration begins Monday, April 21<sup>st</sup> online or in person.

## Friday, June 20 • 9am-3pm, \$35 (\$12 for Bus + \$23 for Tour & Cruise) George Washington's Mount Vernon Mansion Tour & 1 Hour Sightseeing Cruise

Registration begins May 5<sup>th</sup> online or in person. Separate payment is needed for the bus. Please call Front Desk, 240-777-6944 for more information.

WHITE OAK SENIOR CENTER 5

## MAY SPECIAL EVENTS

### Understand Medicare in 5 Easy Steps • Thursday, May 22<sup>nd</sup> 1pm - 2pm

Come and join us while we explain Medicare in simple terms: Every 3<sup>rd</sup> Thursday of the month

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### Law Day! •

#### May 1<sup>st</sup> 10am - 12pm & 12pm - 2pm

Meet with an attorney to prepare an advanced directive to meet your desires and standards as we move into our golden years. **NO CHARGE.** By Appointment only!

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### Do It Yourself Home Repairs •

#### May 9<sup>th</sup> 11am - 12pm

Learn how to do simply home repairs without calling for help. Learn how to repair wobbly fans, Furniture knobs, slow drains, leaky toilet etc.

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### Senior Nutrition Program •

#### Monday through Friday - 12noon

Mix n' mingle, and enjoy a healthy and appetizing meal for persons age 60 or older, or a spouse of any age. A voluntary contribution is requested. Guests (including caretakers) under age 60 must pay full cost. **The full cost of the meal is \$5.49.** Please make or cancel your reservations for lunch at White Oak Senior Center by noon a day in advance. **Call 240-777-6944.**

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### WHITE OAK DAY!!!

#### Saturday, May 31<sup>st</sup> 11:00pm-3:00pm

White Oak Recreation and Senior Center will be celebrating our 2<sup>nd</sup> year anniversary by having an event for all ages. We will have fun with games, food and entertainment. All are welcomed!



## What is Oasis?

Oasis is an organization whose mission is to promote successful aging through a three-fold approach: lifelong learning, healthy living and social engagement. White Oak will now be a new location serving this area.

To register: call 301-469-6800 ext. 211

### White Oak Men's Discussion Group

*Allan Mulligan, Facilitator*

The OASIS men's discussion group provides a forum to engage in intellectual conversation with a peer group and explore areas of common concern. Subjects for discussion are selected by the group. **Limit: 25**

**Wednesday, May 14 - Jul 30**

**10:30am – 12noon • Fee: \$10** (12 sessions)

### Miracles in the Bible

*Gideon Amir, Hebrew Scholar*

What is a miracle? Who can perform a miracle? Is there a difference between a miracle and magic? You will be surprised to discover how complicated these questions are and how any answer you give to these questions has significant theological consequences. As a matter of fact, we will see that the Bible never uses the word miracle to describe events that we call as such. By studying different stories of miracles in the Bible we will try to understand their biblical purpose and other issues associated with them. Please bring a Bible with you to class.

**Tuesday May 20, 10:30am - 12noon** (first class only)

**Tuesday May 27 - Jun 17, 1:30pm - 3:00pm**

**Fee: \$60** (5 sessions)





# WHITE OAK

## *Senior Center*

If you would like to participate in any of our programs,  
please sign up at the front desk or call the White Oak senior line at  
240-777- 6944.

Would you like to be on our email mailing list to receive our  
Newsletter and updates? Our email listing is located at the Senior Center front desk.

We are always looking for volunteers to help us with our programs. If you have a desire to improve our program and would like to render your services, we would love your help. We are looking for people to answer the phones, help greet our members, help set up for events, and help create programs of interest. If you have an interest and would love to teach a class, workshop, or seminar on something that you have experience or knowledge in, please let us know. We are looking for ideas and welcome our members to share their gifts.

### WHITE OAK SENIOR CENTER STAFF

#### **Shememe Williams**

*Director of Senior Center*

240-777-6945

**Robinette Gordon** | *Class Coordinator*

**Chrystal Grissett** | *Class Coordinator*

**Donna Jones** | *Class Coordinator*

**Pamela Carson** | *Administrative Office Manager*

**Christabel Sampson** | *Nutrition Program Manager*

#### **White Oak Senior Center**

**1700 April Lane**

**Silver Spring, MD 20904**

**240-777-6944**

#### **Inclement Weather Policy**

When Montgomery County Public Schools are closed, all senior classes and programs, including lunch, will be CANCELLED. If Montgomery County Public Schools have a delayed opening, all classes or events scheduled to begin before 10:00 a.m. will be cancelled. The Center will open at 10:00 and lunch will not be served. During inclement weather, please listen to your radio (WTOP 103.5 FM) or television news for possible school closings or delayed openings. If in doubt, please call the Center at 240-777-6944 for further information. Please keep in mind that staff members may not be able to get to the Center because of dangerous conditions.

**Senior with disabilities** are encouraged to participate in senior programs. Montgomery County Government is committed to complying with Americans with Disabilities Act (ADA). If you need auxiliary aids or services in order to participate, call 240-777-6960/TTY 240-777-6974, at least 2 weeks prior to the start of the activity.